CO_2 = Carbon Dioxide

In the context of this zine, we're talking about CO2 in the form of exhaled breath. Exhaled breath can be used as a proxy for Covid risk, because Covid transmission is airborne.[1]

Infectious particles can hang in the air like smoke for hours, especially in poorly ventilated places- concerts, bars, anywhere that's crowded and without fresh air exchange happening. Unlike smoke, airborne particles are invisible. That's were CO2 monitors come in!

Air quality monitors are handy little devices that measure CO2 levels. The one I use in this zine is an Aranet 4 Home*, but this info should mostly carry over to other brands/devices.

A high CO2 reading means lots of exhaled breath lingering in the room. Lots of exhaled breath means higher risk of catching Covid and other airborne infections.

Not only does high CO2 mean higher risk of infection, but Covid particles also take longer to break down when CO2 is high.[2]

*Not a paid advertisement! But you guys can pay me if you want ;-)

Sources:

1. *Indoor Air and Coronavirus (COVID-19)* https://www.epa.gov/indoor-air-quality-iaq/indoor-air-and-coronavirus-covid-19

2. *Ambient carbon dioxide concentration correlates with SARS-CoV-2 aerostability and infection risk* https://www.nature.com/articles/s41467-024-47777-5

3. *How Masks Work: What You Should Know About Them* https://health.clevelandclinic.org/do-masks-work

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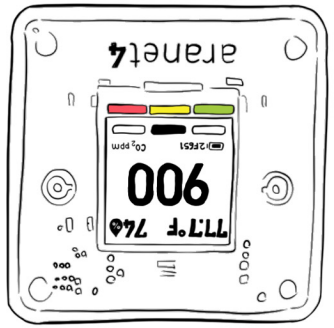
How to use a CO_2 monitor to gauge Covid risk.

CO_2 and you!

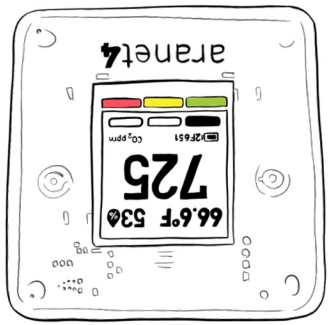
Fair indoor reading :\

Still in the yellow, but somebody open a window!



Good indoor reading: 500-800

In the green.



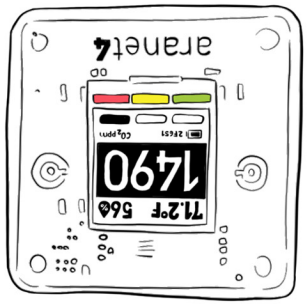
Lower is always better!

I personally aim for **under 800** when hosting events/hanging out in my house. I don't typically monitor CO2 in places where I have no control over the ventilation situation, but you could use one when out and about, as your cue to hit the bricks if levels are high!

In the red!

Very risky.

Open windows, turn on fans, get a cross-breeze going!

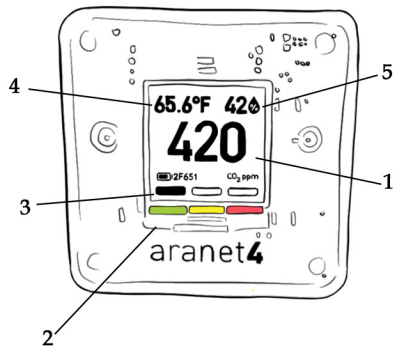


<u>A high CO2 reading means it's time to increase ventilation!</u> You wanna bring fresh air in & push indoor air out. Open windows or doors, add fans, get a cross breeze going, turn on HVAC systems.

You can also add air purifiers, which will scrub the air in the room and trap infectious aerosols. Please note that air purifiers won't bring CO2 levels down, but they do decrease infection risk!

It's also always a good idea to wear a mask, which is just an air purifier for your face. KN95, KF94, N95 or FFP2 respirator masks offer the best protection.[3]

CO2 reading examples



Typical outdoor reading: 400ish

Awesome!

1. CO2 level (oncentration of CO2).
2. Green = good, yellow = s o-so, red = baaaaad.
3. The filled in rectagle indicates where your reading falls on the good/bad scale.
4. Tempurature
5. Humidity